

# Patient-Centered Health Advisory Council

## Suicide Prevention: Rural Iowa

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# Introduction

- **Self-care is vital!**
- **Suicide prevention:**
  - **Is Everyone's Business; and**
  - **Anyone can do it**
- **If in immediate danger, call 911, don't be/leave alone, and remove lethal means**
- **Questions welcome.**



# Suicide Prevention Presentation Overview

**Data**

**Efforts**

**Resources**

**Risk and Protective Factors**

**Warning Signs**



# Data

- Vital Records: 458 Iowans died by suicide in 2017; Avg. 409 from 2008-17; rate of 13.3 per 100,000 Iowans
- Suicides in rural counties: 1,780 from 2008-17; rate of 13.8 per 100,000 Iowans.
- 2<sup>nd</sup> leading cause of death for 15-24 year-olds and 25-44 year olds

# Data (cont.)

- Iowa Youth Survey (2016): Rural Counties
  - Feeling Down: 14% (6<sup>TH</sup>), 17% (8<sup>TH</sup>), and 25% (11<sup>th</sup>);
  - Plan: 5% (6<sup>th</sup>), 9% (8<sup>th</sup>), and 11% (11<sup>th</sup>);
  - Attempt: 3% (6<sup>th</sup>), 4% (8<sup>th</sup>), and 5% (11<sup>th</sup>);
- All percentages within 1 percentage point of data from urban counties

# Data (cont.)

- Iowa Violent Death Reporting System Special Report:
  - Based on 2015 data;
  - First report from this system;
  - Initially only data from seven most populous counties included.

# Statewide Suicide Prevention Efforts

- Your Life Iowa
- Suicide Prevention Plan 2015-2018
- Screening
- Training Opportunities

# Local Suicide Prevention Efforts

- County and Community Suicide Prevention Coalitions
- Foundation2
- The Crisis Center of Johnson County
- Suicide Bereavement Support Groups
- Out of the Darkness Walks and other awareness campaigns





# Resources

- Your Life Iowa ([www.yourlifeiowa.org](http://www.yourlifeiowa.org)) or 855-581-8111 or text 855-895-8398 (standard message and data rates may apply)
- Iowa Suicide Bereavement Support Groups List:  
<https://idph.iowa.gov/Portals/1/userfiles/133/Iowa%20Suicide%20Bereavement%20Support%20Groups.pdf>

# Resources (cont.)

- [American Foundation for Suicide Prevention: Iowa Chapter](#)
- [IDPH Suicide Prevention Page:](#)
  - Tip sheets for foster parents, faith community leaders, law enforcement, and managers
  - Upcoming Events
  - State and National Resources
  - Iowa Suicide Prevention Plan 2015-2018
  - Sign up for mailing list for more information



# Resources (cont.)

- Action Alliance:  
<http://actionallianceforsuicideprevention.org/>
- Know the Signs: Suicide is Preventable:  
<http://www.suicideispreventable.org/>
- After Rural Suicide: A Guide for Coordinated Community Postvention Response:  
[https://idph.iowa.gov/Portals/1/userfiles/133/after\\_rural\\_suicide\\_guide\\_2016.pdf](https://idph.iowa.gov/Portals/1/userfiles/133/after_rural_suicide_guide_2016.pdf)

# Resources (cont.)

- Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines:  
<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/NationalGuidelines.pdf>
- Framework for Successful Messaging:  
<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/>

# Suicide Risk and Protective Factors

- Presence of risk factors or lack of presence of protective factors occur in many people; the large majority of people do not engage in suicidal behavior.
- When more risk factors are present, the risk is increased.
- Some risk and protective factors are static, whereas others fluctuate regularly.

# Suicide Risk Factors

- Previous suicide attempt
- Family history of attempted or completed suicide
- Serious medical condition or pain
- Alcohol or substance abuse
- Mental disorders including depression, bipolar, schizophrenia, and psychotic disorders
- Impulsivity
- Major life event
- Prolonged stress
- Access to lethal means in the presence of other risk factors
- Exposure to other suicides (personally or via media)



# Suicide Protective Factors

- Positive connections to others
- Problem-solving skills
- Receiving effective treatment
- Coping skills

# Suicide Warning Signs

- Warning signs – more acute suicide risk
- May include a combination of the following:
  - Talking about wanting to kill oneself, wishing they were dead, and talking about a plan
  - Actively obtaining the means, by purchasing a gun, hoarding medicine, etc.
  - Feeling hopeless, desperate, humiliated, a need to escape an intolerable situation
  - Losing interest in things or becoming isolated and withdrawn
  - Acting irritable or agitated
  - Drastic change in sleep patterns or mood
  - Behaving recklessly
  - Increased alcohol or drug use



# Suicide Risk/Protective Factors and Warning Signs

- Information on suicide risk and protective factors as well as warning signs, summarized from a variety of sources.
- One of the best, with a lot of very useful information, may be found here: <http://www.afsp.org/preventing-suicide/risk-factors-and-warning-signs>

# What You Can Do

- Be supportive and non-judgmental
- Ask
- Listen
- Be there
- Connect
- Check Back

# Questions?

## Contact Information

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Your Life Iowa: Suicide Prevention Section:

<https://yourlifeiowa.org/suicide>

